

BORONNDARA

Bicycle Users Group

Rides Supplement May 2012

Hawthorn Cycle Tours

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website: <http://www.geocities.com/perften/Hct.html> or e-mail: lexbishop@bikerider.com

Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

Schedule of rides:

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

Contacts: Tony Landsell' email: tony@diacher.com or Justin Murphy, email: murphijj@au1.ibm.com

Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Wednesdays - 9.30am -12pm

Contact: Robin Kendrick, phone: 9853 3126

Surrey Hills Neighbourhood Centre Group

RIDING IN COMPANY PROGRAM

Bike Ride in Company - Monday

Enjoy riding with other bike enthusiasts on different rides each week. Mondays, 8.30am-1pm. Free with SHNC Membership.

Bike Ride in Company - Wednesday

Enjoy riding with other bike enthusiasts on different rides each week. Wednesdays, 8.30am-1pm. Free with SHNC Membership.

Bike Ride - Women on Wheels on Wednesday

A group that supports women to regain bike riding confidence and skills in a supportive environment. Wednesdays, 9am-12pm. Free with SHNC Membership.

Welcome! We ride every week on Mondays and Wednesdays and meet at 8.30am at the nominated meeting place. A coffee shop is found half way along our ride, mid-morning. We return by 12.30 pm - 1pm and usually ride 50 - 60 kilometres. If the weather is over 30° or raining, rides may be cancelled. You may choose to join in or peel off at any time during the ride. An email is sent out on the Thursday before the ride giving details to participants. Riders are asked to indicate their intention of participating in the ride. In keeping with the Surrey Hills Neighbourhood Centre's (SHNC) policy, all participants in this program require membership with the centre, \$8.00 per annum. Cyclists are encouraged to register with Bicycle Victoria www.bv.com.au and explore insurance options or join RACV Bike Assist Membership www.racv.com.au

Participants are welcome to put forward any suggestions for rides. For further information contact SHNC on Ph (03) 98902467 or email: info@surreyhillshill.org.au

Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: *Café Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

Council on the Ageing (COTA) Cycling Group

Seniors Bike rides in 2012 part1

We ride 4 Wednesdays each month.

- The 1st and 3rd Wednesday rides are short (20- 30km) to encourage less experienced riders to join us and the route is mostly chosen on the day. The 2nd and 4th Wednesday rides are more challenging, (50- 60km).
- We generally meet at 10am at the 'Place to meet' (see below). If catching a train, aim to arrive as close to 10am as possible. A coffee stop is found midmorning. We take our own lunch and picnic

together on the long rides. Riders are welcome to join the ride along the way or cut the ride short at any point.

- If the temperature is 30°C or above on the day, the long rides will be cut short.
- If a ride is to be altered from the published program including cancelling the ride, you will be notified by e-mail just before 8pm the night before. Please check your e-mail on Tuesday evening after 8pm.

Please contact Janet Bennett by e-mail jfbpgb@bigpond.com or on 9853 9808 to discuss details.
All riders are requested to join Council on the Aging (COTA). We also recommend that riders consider joining Bicycle Victoria for the insurance and service they offer.

Date	Place to meet	Description	Grade
May 9th	Footbridge in Southbank, MEL 2F F7	A northern circuit via trails and ring road path – Out the Merri creek trail to the Western Ring rd trail, and return via the Plenty River and Main Yarra trails ~ 60km.	Medium
May 16th	Footbridge in Southbank, MEL 2F F7	Short ride	Easy
May 23rd	Heideberg station Hurstbridge line ~ 9.16am arrive 9.48am	Ride from Heidelberg station to Carrum - Ride the Main Yarra , Koonung Creek , EastLink , Dandenong Creek trails to Carrum. ~60 km. Train return to city.	Medium - some hills
May 30th		No Ride	
June 6th	Footbridge in Southbank, MEL 2F F7	Short ride	Easy
June 13th	Diamond Creek Station, MEL 12 B6	From Diamond Creek Station to the city - via the Diamond Valley Trail and the Main Yarra Trail. ~ 50km.	Medium - some hills
June 20th	Footbridge in Southbank, MEL 2F F7	Short ride	Easy
June 27th	Footbridge in Southbank, MEL 2F F7.	Ride the Capital City Trail circuit, with an extension down St. Georges Rd. and across Reservoir to Mt.Cooper and return via the Darebin Creek, ~50km.	Medium

* This is the times when Janet will be absent

Whitehorse Cyclists Inc

Last updated 13 April 2012. Ring your  and let's go riding!

Note: Member-only interstate, overseas and regional rides are not listed here. Members receive full details of all rides, meetings and events in their monthly newsletter. Phone the contact person to find the meeting venue and any other information.

Date	Destination	Description	Distance and grade	Leader Contact
Rides for April May 2012 [small pdf file 5 pages 190 kb]				
Download Free Adobe Reader for reading pdf files.				
Rides for April and May 2012 web page version- same details as above				
Note the new rides on Saturday evenings into the city for a meal and home with the lights on!				

Note: Member-only interstate, overseas and regional rides are not listed here. Members receive full details of all rides, meetings and events in their monthly newsletter.

WCI Typical Weekly Ride Profiles

EASY TUESDAYS: Introductory level social ride. Weekly. 30-35km, few or gentle hills. 9.30am - 1pm.

MEDIUM TUESDAYS: Medium ride, ie slightly faster, harder and further than easy rides. Still a social ride. Requires more endurance and ability than easy rides. 40-50km, some hills. 9.00am start for a 1.00pm finish.

HARD TUESDAYS: Harder (ie flat out) and further than medium rides. Hardest rides in WCI. 60-100km rides, hills no limit. 9.30am start, finish later in afternoon.

EASY THURSDAYS: Similar to Easy Tuesday rides. 30-35km Fortnightly.

MEDIUM THURSDAYS: Faster and longer ride than the Easy Thursday rides. 50-60+km. Some hills, medium to medium/hard level ability. 9.30am start, finishing 2-3pm. Includes time for lunch.

MEDIUM SATURDAYS: New for Feb 2012. An evening ride to the city with a meal in the middle.

EASY SUNDAYS: Weekend introductory level social ride. 30km. 9.30am to 1pm. Fortnightly

MEDIUM SUNDAYS: Medium level ability, faster, some hills. Weekly. 40-45km. 9.30am to 1pm.

Phone the named contact to confirm details of the rides as plans can change, particularly if forecast temperatures for the day are over 30 degrees. Rides return to the start point unless shown otherwise. Riders carry their own risk in any activity connected with the club. Whitehorse Cyclists Inc. disclaims liability for loss or injury to riders participating in advertised activities

Banyule Bicycle User Group—Rides Program

Morning rides start at Warringal Park (Melway Map 32 B4) unless otherwise indicated. Visitors are welcome to just turn up. Introductory/beginner ride options are available 8:55am Sundays. For more details contact Leigh J. 9432 9720 or Les B. 9435 0615. Note: rides may be varied to suit conditions.

NightRide: Every Wednesday 8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights -

20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

EasyRide: with the “Latte” Group every Tuesday and Friday 9:30am (10:00am in winter) – relaxed pace with break for coffee/snack/chat. See program and details at

<http://www.vicnet.net.au/~banylbug>.

HarderRide: every Tuesday and Sunday 9.00am. BYO morning tea.

BANYULE BICYCLE USER GROUP — RIDE PROGRAM 2012

Rides start at Warringal Park (Melway Map 32 B4) unless otherwise indicated. Visitors are welcome to just turn up. For more details contact Leigh J. 9432 9720 or Les B. 9435 0615. Note: rides may be varied to suit conditions.

Introductory/beginner: ride options are available 8:55am Sundays.

NightRide: Wednesdays 8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights - 20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

EasyRide: with the “Latte” Group Tuesdays and Fridays 9:30am (10:00am in winter) – relaxed pace with break for coffee/snack/chat. See program and details at

<http://www.vicnet.net.au/~banylbug>.

HarderRide: Tuesdays and Sundays 9:00am. Friday monthly (80+km) 7:30am. BYO morning tea. Program below.

May 2012

Tue 1	<u>Whittlesea</u> 85 km MAP	Out by streets to Plenty Rd. Follow Plenty Rd bike path and bike lanes to Mernda estates. Through estate. Back to Plenty Rd to Whittlesea. (Rest) Return by Plenty Rd. Arthurs Creek Rd to Hurstbridge (some H3).	Allen P/ 9457 1694
-------	--	---	--------------------

		Home by Hurstbridge Rd and DVT (Train option from Hurstbridge)	
Sun 6	<u>Gasworks Park</u> 50 km MAP	Out through Port Melb. Return by Tan and Yarra Trail.	Richard B/ 9459 8648
Tue 8	<u>Niddrie</u> 55 km MAP	Sts west to Maribyrnong R. At Lily St, north onto Steeles Ck Trail to Valley Lake, Niddrie. Climb to Calder o'pass, then Trail to Airport West SC. Downhill to Moonee Ponds Ck at Boeing Res. Down Trail and then streets east home.	Maurie A/ 0409 106082
Wed 9	Combined Dinner – Moon & Spoon Restaurant 106 Mountain View Rd (cnr Sherbourne Rd) Briar Hill - 6:00pm		
Sun 13	<i>Riders' choice</i>	Rider who suggests is leader, otherwise by agreement	
Tue 15	<i>Riders' choice</i>	Rider who suggests is leader, otherwise by agreement	
Fri 18	<u>Carrum 110km</u> 7:30am start	Paths and streets along bay. Home by Aspendale Gardens and Eastlink.	Allen P/ 9457 1694
Sun 20	<u>Belgrave</u> 60 km	Ride to Box Hill station. Take train to Belgrave. Downhill ride to Bayswater and Dandenong Ck. Trail. Then streets (Eastlink an alternative) and Koonung Trail.	Les D/ 9459 2701
Tue 22	<u>Newport Gardens</u> 61 km MAP	Out by CCT, Flemington Sales Yard path to Footscray. Tottenham Path then streets and paths to Newport Lakes Park. Return by Newport, Yarraville and North Melbourne streets and home by St. Georges Rd.	Alan P/ 9435 9421
Sun 27	<u>Bundoora Park</u> 40 km MAP	Out by Plenty River Trail (H2), Kalparrin, Springthorpe (H1). Return by Darebin Ck Trail, Wilson's Reserve.	Brian M/ 9439 4869
Tue 29	<u>Deer Park</u> ~60 km MAP	Ride to Flinders St station and take a Sydenham line train to Albion. Ride Western Hwy (path/service roads/shoulder) to join Deer Park bypass Trail at Christies Rd. Down bypass to the Ring Rd, then Derrimut Trail and streets back to Albion (circuit ~ 25 km). Train to city and ride home.	Allen P/ 9457 1694

Manningham BUG

Manningham Bicycle Users Group is a group of cyclists who organise rides, campaign for improved facilities for cyclists and generally promote cycling in the area.

We welcome people of all ages and fitness levels, single people, parents, children, and grandparents. We just enjoy the pleasure of cycling, taking in the surrounding views and cafes.

The BUG is not a competitive club, it is a means for cyclists to get together to share their interest. We have social rides most weekends, around Melbourne, some long, some short. Occasionally we have a weekend away for a country ride.

We have a meeting on the third Monday of each month at 8p.m. at the Pancake Parlour at 550 Doncaster Rd.

Our monthly newsletter lists upcoming rides and news relating to cycling.

<http://home.vicnet.net.au/~mannbug/mannbug/Welcome.html>

Darebin BUG

Weekday Rides

Darebin BUG runs two weekday rides of up to 60km on Tuesdays and Thursdays. These are designed for riders who are reasonably fit and have some riding experience. Information about the destination and distance of upcoming weekday rides can be seen on the Darebin BUG Rides Calendar. These rides usually leave from Jika Jika Community Centre, corner of Plant and Union streets, Northcote, at 9.30am.

Contact Norm on 9484 4767 to confirm the start time and location, or if you are uncertain if the ride is suitable for you.

Weekend Rides for Beginners

Families on Bikes (FOB)

Kids in bike seats welcome! Kids in trailers welcome! Kids on training wheels welcome! Kids on tag-a-longs welcome! Kids on own bikes welcome! Want to ride for fun, exercise and to socialise? Join us on one of our easy rides designed especially for little kids, to one of Melbourne's many child-friendly destinations. Our motto is: No one's too slow; we're always happy to stop for a rest, play, snack, breastfeed or 'til a tantrum is over. Rides take place regularly and generally meet at a Northcote location, though you're always welcome to join us en route. Contact Kathy on 9489 4275, 0410 667 634 or kbrunning@optusnet.com.au.

Saturday Port Melbourne Rides

Weekly rides for those looking for longer, easy rides. Depart from the carpark of Rushall Station, North Fitzroy, at 9.30am and ride to Port Melbourne and back along bike paths, about 20km.

Contact David on 9870 1084

Weekend Rides for Experienced Riders

Saturday Training Rides

Various rides leaving the Jika Jika Community Centre, corner Plant and Union streets, Northcote, near Westgarth train station, at 9am sharp for four hours maximum (back in time for lunch) for experienced riders. There are different destinations each month, with rides going up to 60km and averaging 20-25kmh.

Contact Yannick on 0438 785 450 or yannickvergou@hotmail.com

Sunday Excursions

DBUG runs monthly rides to various destinations, often with a food or wine element. We might be heading to the beach, the RAAF Museum, the Donnybrook Cheese Factory, or just exploring Melbourne's bike path network, with distances of up to 60km. Contact the rides coordinator at rides@darebinbug.org.au.

Extended trips

The group runs regular weekends away, usually centred around long weekends such as Easter. Contact rides coordinator Wolter Kuiper on 0404228382 or rides@darebinbug.org.au for details on these rides.

The Rides Committee is looking for people who are interested in arranging and leading a ride, undertaking ride leader training or in gaining leadership experience by co-leading a ride. Contact the rides coordinator at rides@darebinbug.org.au

Please note all rides are free to anyone who would like to participate. After the third ride you take part in, we will invite you to join the BUG. Some rides need train tickets, these are to be bought by the participant. A first aid kit is carried on each ride and emergency contact numbers are taken prior to the start of the ride. Darebin BUG has public liability insurance - please note this does not cover you or your bike. If that is something you're concerned about then best become a member of Bicycle Victoria

so you will be covered by their insurance. In the case of an emergency, ride leaders will call an ambulance if required. The ambulance will charge the injured person, not the BUG. This can be very expensive, so it is wise to consider taking out ambulance membership.

Last Updated on Thursday, 03 March 2011 04:18

The Crosskeys Cruisers - Strathmore - Friday rides

The Crosskeys Cruisers are a group of retired men and women who meet in the Crosskeys CarPark near the Strathmore station at 9am on Friday mornings.

The rides are decided each Friday and the adventure begins. Some riders go till morning tea while others ride till lunch and then home at about 3pm. New members most welcome to chat and share the experience Telephone Max 93783501 or John 93707829

MooneeBUG

Every Tuesday Night: Join the Tuesday night regulars for the "Cappuccino run" from 6.15pm. Meet at the Afton St Footbridge. More details by calling Laura, AH 9337 9839 or BH 9823 1540.

Friday Bike Rides: The Cross Keys Cruisers meet at Cross Keys Hotel car park in Essendon at 9am every Friday the destination is decided on Friday mornings. The majority of riders are 50+ years old and male but anyone can join in. For further details please contact John 9370 7829 or Max 9378 3501

Melbourne Bicycle Touring Club

For information on the above rides, please contact the Touring Secretary, John Hughes 0402 463 655 , or at rides@mbtc.org.au.

About the Ride Gradings Easy: Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist. **Medium:** Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required. **Hard:** Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

The Melbourne Bicycle Touring Club meets most Thursday evenings at Trades Hall, 54 Victoria St (corner Lygon St), Carlton South at 8.00 pm (the meeting room is open from 7.30 pm onwards). If you are making a special trip to the meeting, please confirm with the meeting organiser that the advertised entertainment is proceeding, as plans are often subject to change. Details of rides and activities are confirmed at the meetings prior to the event. If you intend to participate, you should either attend the meeting or contact the Ride Leader yourself. On rides that are **SUBSIDISED**, a substantial discount on VLine fares is given to financial members who pay by two Thursdays prior to the ride. To join the Melbourne Bicycle Club, email the Membership Secretary at payments@mbtc.org.au or write to them at PO Box 277, Carlton South 3053

YHA Cycling

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

Web site: <http://www.yhacycling.org.au/rides.htm>